

HERITAGE RANCH - DECEMBER 2016

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**EXERCISE
AND GAMES**



*Please note, there are several private parties this month.
Please do not interrupt during those times.*

1

Walk Aerobics 8am
Pool Aerobics or
Chair Aerobics
8:30 am
Shuffleboard 11am

2

Ping Pong
6 pm

3

Pool Aerobics
8:30 am
Badminton
11 am

4



5

Walk Aerobics
8:00 am
Chair Aerobics
8:30 am

6

Walk Aerobics 8am
Pool Aerobics or
Chair Aerobics
8:30 am
Ping Pong 6 pm

7

Badminton
6 pm

8

Walk Aerobics 8am
Pool Aerobics or
Chair Aerobics
8:30 am
Shuffleboard 11am

9

Ping Pong
6 pm

10

Pool Aerobics
8:30 am
Badminton
11 am

11



12

Walk Aerobics
8:00 am
Chair Aerobics
8:30 am

13

Walk Aerobics 8am
Pool Aerobics or
Chair Aerobics
8:30 am
Ping Pong 6 pm

14

Badminton
6 pm

15

Walk Aerobics 8am
Pool Aerobics or
Chair Aerobics
8:30 am
Shuffleboard 11am

16



Ping Pong
6 pm

17

Pool Aerobics
8:30 am
Badminton
11 am

18



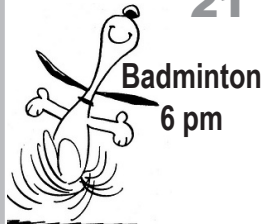
19

Walk Aerobics
8:00 am
Chair Aerobics
8:30 am

20

Walk Aerobics 8am
Pool Aerobics or
Chair Aerobics
8:30 am
Ping Pong 6 pm

21



Badminton
6 pm

22

Walk Aerobics 8am
Pool Aerobics or
Chair Aerobics
8:30 am
Shuffleboard 11am

23

Ping Pong
6 pm

24



CHRISTMAS
EVE

25



MERRY
CHRISTMAS

26

Walk Aerobics
8:00 am
Chair Aerobics
8:30 am

27

Walk Aerobics 8am
Pool Aerobics or
Chair Aerobics
8:30 am
Ping Pong 6 pm

28

Badminton
6 pm

29

Walk Aerobics 8am
Pool Aerobics or
Chair Aerobics
8:30 am
Shuffleboard 11am

30

Ping Pong
6 pm



31

HAPPY
NEW
YEAR!